



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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For Immediate Release

Join a Cause for Community, Where Everyone Comes To Play

(New Haven, CT December 17, 2012) When dealing with life's daily demands, people need a place to go where they can feel supported and receive help in trying times. A place where adults can find life balance; children can reach their full potential; seniors can be active and find camaraderie; and families can connect and strengthen relationships. By becoming involved with the Central Connecticut Coast YMCA, individuals have the opportunity to improve their health and well-being and connect with the community, all while participating in their favorite program or activity at the Y.

"The Central Connecticut Coast YMCA is a community that is dedicated to helping individuals achieve a balance of spirit, mind and body," said Barbara Moore, Membership Director, Central Connecticut Coast YMCA. "We encourage everyone to get involved by joining the Y where they can take advantage of the resources and support to be healthy and connected."

As a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility, the Y seeks to ensure that everyone, regardless of age, income or background, has an opportunity to learn, grow and thrive. To help more people benefit from the Y, the Central Connecticut Coast YMCA is waiving the Joining Fee (\$100 value) from January 1st through the 6th, 2013.

The Central Connecticut Coast YMCA offers a variety of programs to help achieve greater health and well-being, nurture youth and inspire individuals to give back to better their community.

To learn more about the Central Connecticut Coast YMCA call 203 777 9622 or visit cccymca.org for more information.

About the Central Connecticut Coast YMCA

The Central Connecticut Coast YMCA is a community service agency dedicated to addressing community needs that enrich families, promote health and wellness, develop youth and build self-esteem for all. YMCA

membership and participation is open to everyone regardless of race or ethnic background, religious preference or ability to pay. In 2011, the CCC YMCA served 3,000 families daily in child care programs; 10,000 kids participated in youth sports programs; 15,500 children took advantage of the Y's instructional swimming lessons; 4,693 kids attended one of our day camps, 776 youth experienced the magic of resident camp; and 1,685 people were served through one of our housing programs. The CCC YMCA also provided \$3.37 million in direct financial assistance to more than 6,000 children, individuals and families. The Central Connecticut Coast Y is based in downtown New Haven with eleven Y branches in Greater New Haven and Greater Bridgeport while also operating YMCA Camp Hi-Rock, a 1,000 acre residential and day camp in Mt. Washington, Massachusetts. **W** cccyymca.org **P** 203 777 9622

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